

1-1-3a

Express That Feeling

Grade Level	First
Minimum Time Required	30 Minutes
Materials/Resources	Paper, Magazines, Glue, Crayons, Pencils
Subject Area(s)	Guidance

Project Description:

1. Discuss with the students the different types of feelings they have. Some of those could include: anger, happiness, sadness, jealousy, frustration, boredom. Discuss with them why we have these feelings and that expressing them in a positive way is important.
2. Optional- teach children to sing the song "If You're Happy."
3. Divide into groups and have children cut out the magazine pictures that show people expressing emotions. Have them make posters to share with the rest of the class.

Career Development Standard	Knowledge of the importance of self-concept.
Career Development Indicator	Describe how behavior influences the feelings and actions of others.
Delivery Level	Review
Academic Standards	
Language Arts	4.1.b Present information in a clear and logical form. 4.2.c Use accepted language in personal communication. 4.3.c Use various resources to support oral presentations, e.g., drawings, posters.
Employability/SCANS Skills	Thinking Skills Basic Skills
Assessment/Rubric	The students will understand that it is healthy to display their emotions. The will also identify the types of feelings/emotions that they have.

Submitted by: NCDG Elementary Group